



Mature Living

St. Lawrence County
Office for the Aging

(315) 386-4730

Website:

[Office for the Aging | St. Lawrence County](#)



December 2023



Happy Holidays! It is the season of twinkling lights and festive spirits. How are you spending your holidays? We hope you find some time to relax and reflect on the many joys of the season.

It is important to note that the holidays can be difficult for many. People can be missing loved ones who have passed away or family & friends who live far away. Please take time this month to check on your neighbors and friends. Take a few moments to wish them a Merry Christmas or Happy Holidays or Happy Hanukkah. Take the time to enjoy a simple cup of coffee and conversation with someone who might be lonely or isolated. It will mean the world to that person!

We hope you all have a wonderful, safe Holiday season filled with love and laughter! Be well friends!
By Andrea Montgomery, OFA Director

Inside this issue:	
Holiday Gift Drive	1
Winter Assistance Fair	2
HEAP/ Weather Related Closings	3
Volunteer Celebrations	4
Card Drive/ Public Health	5
Recipe/ Scams	6
Menu	7
Calendar	8

Mature Living

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**Holiday Gift Drive
for Older Adults**

THE OFFICE FOR THE AGING IS SPONSORING
THE 10TH ANNUAL HOLIDAY GIFT DRIVE
FOR OLDER ADULTS IN SLC!

WE ARE COLLECTING FINANCIAL CONTRIBUTIONS TO PURCHASE GIFT CARDS AND/OR GIFT BASKETS FOR OLDER ADULTS IN OUR HOME DELIVERED MEAL PROGRAM. PLEASE CONSIDER HELPING US TO MAKE THE HOLIDAYS BRIGHTER FOR SENIORS IN OUR COMMUNITY!

PLEASE MAIL YOUR CONTRIBUTION BY 12/8 TO:
OFFICE FOR THE AGING, 80 STATE HIGHWAY 310,
SUITE 7, CANTON, NY 13617.
CALL (315) 386-4730 FOR MORE INFORMATION!
THANK YOU FOR YOUR SUPPORT!



2023 Winter Assistance Fair

The Office for the Aging and DSS HEAP Department will be participating in this event on **Saturday, December 2nd from 10 am - 2 pm**. Stop by the Potsdam Neighborhood Center to learn more about how you can save money this winter on energy costs!

NYS Invites You To: Winter Assistance Fairs 2023



What to Expect

Winter Assistance Fairs are free events open to the public to learn about winter preparedness. Experts in energy, housing, aging, and more will be on-hand to assist community members in learning about and applying for programs on:

- Energy Affordability
- Energy Efficiency
- Energy Consumer Protections
- Financial Assistance
- Services for Older Adults
- Weatherization



Attend a Fair

Winter Assistance Fairs will be held from **10 am to 2 pm** on the following dates and locations:

DECEMBER 2, 2023
 Potsdam Neighborhood Center
 Two Park Street
 Potsdam, NY 13676
 10am to 2 pm

• **DECEMBER 9, 2023**
 Amherst Public Library
 350 John James Audubon Parkway
 Amherst, NY 14228
 10am to 2 pm

• **DECEMBER 16, 2023**
 Westcott Community Center
 826 Euclid Avenue
 Syracuse, NY 13210
 10am to 2 pm

We look forward to seeing you there.

Participating
NYS Agencies

- Department of Public Service
- Energy Research and Development Authority
- Housing and Community Renewal
- Office for the Aging
- Power Authority
- Office of Temporary and Disability Assistance

Note: All agencies may not be available in person, but program materials will be offered.

Want to learn more about winter energy preparedness? Visit www.dps.ny.gov/winter or call 1-800-342-3377



Weather Related Program Closings

When inclement weather conditions occur, Office for the Aging Nutrition Sites may need to cancel home delivered meals. If you are receiving Home Delivered Meals, the Office for the Aging will provide you, in advance, with a frozen emergency meal to be used on a day we are unable to deliver. Staff will also call clients to perform the daily wellness check.

Watch for weather closings to be announced on the following radio and television stations:

WNCQ/FM.WCIZ (102.9FM/98.7 FM); WPDM (1470 AM/99.3 FM); NORTH COUNTRY PUBLIC RADIO (89.5 FM); WMSA (1340AM); YESFM (96.7 FM); Channel 7 TV (WWNYTV); News 10 Now

HEAP (Home Energy Assistance Program)

The 2023-2024 Regular HEAP season opened on November 1, 2023.

2023-2024 Income Guidelines



<u>Household Size</u>	<u>Gross Monthly Income</u>
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838



HEAP funding for the 2023 - 2024 Heating Repair & Replacement and Clean & Tune began on October 2, 2023. If you are a homeowner and eligible, the Heating Equipment Repair and Replacement benefit can help you repair or replace your furnace, boiler and other direct heating equipment necessary to keep your home's primary heating source working.

Those applying are encouraged to utilize the My Benefits link (www.mybenefits.ny.gov) or call the DSS HEAP unit at 315-379-2303 to receive an application.

Office for the Aging Home Care Program:

If you are 60 or over and in need of home care services, the Office for the Aging is accepting referrals for the Expanded In-Home Services for the Elderly Program (EISEP). This home care program assists elderly, fragile, individuals to help maintain quality of life at home. EISEP provides personal care including bathing, dressing, grooming, and meal preparation to County residents who **are non-Medicaid eligible.** Services provided may be on a cost-share basis depending on income levels.

Contact: NY CONNECTS—(315) 386-4730

Celebrating Our Volunteers!!

We could not help as many older adults as we do without the incredible support of our volunteers! We are so grateful for their time and generosity. To learn more how YOU can help to make a difference to our clients, call (315) 386-4730. We love our volunteers!



Potsdam Nutrition Center

Pictured L to R:

Devin, Michael, Lenny,
Cheyenne, and April



**Potsdam Nutrition Center Staff
celebrated Brenna's last day with a
visit from Paw Patrol!**



**Students from SUNY Canton host
a Game Day for residents of
Canton Housing Authority!**

SLC Youth Bureau's

ANNUAL HOLIDAY CARD DRIVE

SLC YOUTH BUREAU
IN PARTNERSHIP WITH
OFFICE FOR THE AGING

Students of all ages are invited to make holiday cards, notes, or pictures for older adults this holiday season. Let's spread some cheer!

Mail (or drop off) cards by **Friday, December 15th** to SLC Youth Bureau 80 SH 310 Canton, NY 13617

Contact us if your organization would like to receive cards

Questions? Email achase@stlawco.gov or call 315.379.9464

Navigating Grief Together

When:
Tuesdays
November 7, 14, 21, 28
December 5 & 12
12-1:30pm

Where:
Hospice of St. Lawrence Valley
6805 US Highway 11
Potsdam, New York

A 6-week grief support group for adults grieving any type of loss.

For more information contact Hospice of St. Lawrence Valley at 315-265-3105

Find us on: **facebook**

<https://www.facebook.com/stlawrencecountyofficefortheaging>

There is hope. If you or someone you know needs support now, call or text **988** or chat [988lifeline.org](https://www.988lifeline.org)

988 SUICIDE & CRISIS LIFELINE

COVID-19 and Flu Vaccine

2023-24 COVID-19 Vaccine (Moderna) and Flu Shots (Low Dose Only) are available at St. Lawrence County Public Health!

Save time and schedule both your vaccines for the same time! Call to schedule your visit: 315-229-3452

Appointments Required!
Clinic Hours: Tuesday and Thursdays 8:30 am - 3:30 pm



Happy Holidays!

Recipe Corner.....



Cranberry Salsa with "Tree" Chips



Ingredients:

1 bag (12 oz.) fresh or frozen cranberries (no need to thaw), 1 Granny Smith apple (peeled, cored and cut in eighths), 1/2 large red pepper (cut in large chunks), 1/2 medium red onion (cut in large chunks), 3/4 cup sugar, 1/3 cup apple juice, 3 tbsp. chopped fresh cilantro, 2 tbsp. chopped pickled jalapeno pepper, 1 tsp grated lime zest, 1 pkg (14 oz.) spinach tortillas

Salsa: Put cranberries, apple, red pepper and onion in food processor; pulse till chopped. Transfer to a large glass bowl. Stir in remaining ingredients till blended. Cover and refrigerate, or spoon into crocks or jars and refrigerate.

Chips: Heat oven to 375 degrees. Have ready a 3-inch tree-shape cookie cutter and baking sheet(s). Using cookie cutter, cut six trees from each tortilla. Place on ungreased baking sheet(s) and bake 8 min. or till crisp. Remove to wire rack to cool completely. Put in plastic bags; serve (or give as gifts) with salsa.

https://everythingandnothing.typepad.com/mississippi/2005/11/cranberry_salsa.html

Stop Senior Scams

1 Common scams	2 Scam signs	3 What to do
<ul style="list-style-type: none"> <li style="margin-bottom: 10px;"> GRANDPARENT SCAM Claims your grandchild is in trouble and needs money <li style="margin-bottom: 10px;"> LOTTERY SCAM You've won a prize that requires you to pay to collect winnings ROMANCE SCAM A fake online profile asks you for money 	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;"> INSISTENCE You must wire money immediately <li style="margin-bottom: 10px;"> SECRETS You are warned not to tell others UNPROFESSIONAL You notice misspellings and poor grammar 	<ul style="list-style-type: none"> <li style="margin-bottom: 10px;"> USE CAUTION Only send money to people you know <li style="margin-bottom: 10px;"> COMMUNICATE Reach out and talk about it with others BE VIGILANT When in doubt, hang up the phone
SUPPORTED BY MEASURE K LOCAL FUNDS LOCAL NEEDS WWW.SMCGOV.ORG		

GET HELP Call San Mateo County TIES at 1 (800) 675-8437 for confidential help or 911 during an emergency **LEARN MORE** Visit www.smchealth.org/ElderAbuse

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>Chicken Alfredo Over Pasta</u> Green Beans Garlic Roll Strawberry Ice Cream
4 <u>Roasted Pork Loin</u> w/ Mushroom Gravy Brown Rice Brussel Sprouts Banana Pudding Applesauce	5 <u>Meatball Subs</u> French Fries Tossed Salad Fruited Jell-O String Cheese Stick	6 <u>Boiled Dinner</u> (Ham, Cabbage, Carrots, Potatoes) WW Roll Fruit Crisp w/Topping Assorted Yogurt	7 <u>Chef's Choice</u>	8 <u>Tuna Noodle Casserole</u> Buttered Peas Whole Wheat Bread Cottage Cheese Mandarin Oranges
11 <u>Goulash</u> Cauliflower Assorted Muffin Fruit Cup String Cheese Stick	12 <u>Cheesy Chicken Potato Casserole</u> Mixed Vegetables Cottage Cheese w/Fruit WW Roll, Homemade Cookie	13 <u>Pot Roast</u> Garlic Mashed Potatoes Corn Fresh Fruit Pudding cup	14 <u>Savory Baked Fish</u> Spinach Strata Italian Bread Birthday Cake!	15 <u>Meatloaf</u> Au gratin Potatoes Broccoli WW Roll Ice Cream Cup
18 <u>Vegetarian Chili</u> Brown Rice Pilaf Cornbread Cinnamon Pears Fruited Yogurt	19 <u>Salisbury Steak w/gravy</u> Mashed Potatoes Country Style Biscuit Diced Beets String Cheese Stick Pineapple Tidbits	20 <u>Spaghetti & Meatballs</u> Tossed Salad Garlic Knot Warm Apple Slices Pudding Parfait	21 <u>Holiday Dinner!</u> Ham w/Raisin Sauce Mashed Potatoes Glazed Carrots WW Dinner Roll Homemade Pie w/Vanilla Ice Cream	22 <u>Chef's Choice</u>
25 All County Offices and Nutrition Centers CLOSED for the holiday. USE FROZEN MEAL.	26 All County Offices and Nutrition Centers CLOSED for the holiday. USE FROZEN MEAL.	27 <u>Chicken Tenders</u> Sweet Potato Fries Winter Blend String Cheese Stick Fig Newton	28 <u>Vegetable Lasagna</u> Green/Yellow Beans Garlic Roll Greek Yogurt Peach Fluff	29 <u>Calzone with Side of Pizza Sauce</u> Italian Blend Veg Ice Cream

*All meals are served with beverage and bread or dinner roll

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM *Jan-Bonnie 12/23*
Nutrition Centers Located in Brasher, Canton, Gouverneur, Morris town, and Potsdam

Suggested Contribution: \$3.00 (age60+) Guest Fee \$5.—(Under 60) No eligible client will be turned away due to the inability or unwillingness to contribute.
MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE. For more information contact NY Connects (315-388-4730)

December Calendar

- 12/4 St. Lawrence County Board of Legislators Meeting; 48 Court St., Canton/ 6 pm
- 12/7 Hanukkah Begins
- 12/21 First Day of Winter  *Happy Hanukkah*
- 12/25 Christmas Day. All County Offices and Nutrition Centers are CLOSED.
- 12/26 Kwanza Begins. All County Offices and Nutrition Centers are CLOSED.
- 12/31 New Year's Eve
- 1/1 New Years Day - Happy 2024! All County Offices and Nutrition Centers are CLOSED.



NC Chapter of StateWide Senior Action Council

Next Meeting: Thursday, December 7th at 10:00 am

Location: Potsdam Nutrition Center, Midtown Apts., 28 Munson St.

****Please note change in location and meeting time!****

Contact Barb at (315) 261-2980



Office for the Aging

New York **Caregiving Portal**
Powered by Truista

Provided in Partnership With:
Association on Aging in New York

Access free training and resources to help you build skills and confidence to provide care at home.

New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Sign up for FREE today!
NewYork-Caregivers.com

Scan me with your camera to visit!



DON'T SAY "YES"

- "Can you hear me?"
- "Are you on Medicare?"
- "Do you have your RW&B card?"
- "Are you a veteran?"

These are questions phrased to get the caller to say "Yes" in an attempt to record and process fraudulent products or services billed to Medicare.



DON'T ANSWER CALLS FROM UNKNOWN NUMBERS. IF YOU SUSPECT FRAUD CALL THE NYS SMP AT 800-333-4374.

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CRITICAL NEED FOR VOLUNTEERS

The Office for the Aging has a **critical need** for volunteers to help deliver meals! Nutrition Centers are open Monday - Friday from 7 am - 1 pm. Deliveries are between 10 am - 12 pm. **Mileage is reimbursed!**

If you have a couple of hours available per week or per month to help with this incredibly important program for older adults in St. Lawrence County, please contact: **Danielle Durant: (315) 386-4730/ Email: ddurant@stlawco.gov**